

PSHE – Year 5 - Long Term Plan

	National Curriculum Coverage	Assessment
Autumn	<ul style="list-style-type: none"> • Being Me in My World My Year Ahead Being me in Britain – Year 5 Responsibilities Our Learning Charter • Celebrating Difference Different cultures Racism Types of Bullying (To link to Anti-Bullying Week) 	<p>Being Me in my World. I can face new challenges positively and know how to set personal goals I understand my rights and responsibilities as a British citizen and as a member of my school I understand how an individual's behaviour can impact on a group</p> <p>Celebrating Difference I understand that cultural differences sometimes cause conflict I understand what racism is am aware of my attitude towards people I can explain the difference between direct and indirect types of bullying</p> <p>Dreams and Goals I understand that I will need money to help me achieve some of my dreams I can describe the dreams and goals of young people in a culture different to mine. I understand that communicating with someone in a different culture means we can learn from each other and I can identify a range of ways that we could support each other.</p> <p>Healthy Me Grow Up I know the health risks of smoking and can tell you how tobacco affects the lungs, liver and heart. I understand how the media and celebrity culture promotes certain body types I can describe the different roles food can play in people's lives and can explain how people can develop eating problems (disorders) relating to body image pressures</p> <p>Relationships I can describe the different roles food can play in people's lives and can explain how people can develop eating problems (disorders) relating to body image pressures I can recognise how friendships change, know how to make new friends and how to manage when I fall out with my friends I can explain how to stay safe when using technology to communicate with my friends</p> <p>Changing Me I am aware of my own self-image and how my body image fits into that I can explain how a girl's body changes during puberty and understand the importance of looking after yourself physically and emotionally I can describe how boys' and girls' bodies change during puberty I can identify what I am looking forward to about becoming a teenager and understand this brings growing responsibilities (age of consent)</p>
Spring	<ul style="list-style-type: none"> • Dreams and Goals When I Grow Up (My Dream Lifestyle) Dreams and Goals of Young People in Other Cultures How Can We Support Each Other? • Healthy Me Grow Up Smoking Body Image My Relationships with Food Assessment Opportunity 	<p>Healthy Me Grow Up I know the health risks of smoking and can tell you how tobacco affects the lungs, liver and heart. I understand how the media and celebrity culture promotes certain body types I can describe the different roles food can play in people's lives and can explain how people can develop eating problems (disorders) relating to body image pressures</p> <p>Relationships I can describe the different roles food can play in people's lives and can explain how people can develop eating problems (disorders) relating to body image pressures I can recognise how friendships change, know how to make new friends and how to manage when I fall out with my friends I can explain how to stay safe when using technology to communicate with my friends</p> <p>Changing Me I am aware of my own self-image and how my body image fits into that I can explain how a girl's body changes during puberty and understand the importance of looking after yourself physically and emotionally I can describe how boys' and girls' bodies change during puberty I can identify what I am looking forward to about becoming a teenager and understand this brings growing responsibilities (age of consent)</p>
Summer	<ul style="list-style-type: none"> • Relationships Recognising Me Getting On and Falling Out Relationship and Technology • Changing Me Self and Body Image Puberty for Girls/Boys Looking ahead 	<p>Relationships I can describe the different roles food can play in people's lives and can explain how people can develop eating problems (disorders) relating to body image pressures I can recognise how friendships change, know how to make new friends and how to manage when I fall out with my friends I can explain how to stay safe when using technology to communicate with my friends</p> <p>Changing Me I am aware of my own self-image and how my body image fits into that I can explain how a girl's body changes during puberty and understand the importance of looking after yourself physically and emotionally I can describe how boys' and girls' bodies change during puberty I can identify what I am looking forward to about becoming a teenager and understand this brings growing responsibilities (age of consent)</p>